

# MARYLAND ADVISORY COUNCIL ON ARTHRITIS AND RELATED DISEASES

March 2, 2016

## Minutes

### MEMBERS PRESENT

Rebecca Manno (phone)  
Matthew Jackson (phone)  
Erin Penniston  
Bernadette Siaton  
Judy Simon  
Chanel Whittaker (phone)  
Lauren Yankolonis (guest)

### MEMBERS ABSENT

William Frank  
Kay Henry  
Sasha Levine

### STAFF

Tara Snyder

### Welcome

The meeting convened at 4:30 p.m.

### Approval of Minutes from December 2

The minutes were approved.

### Appointment Update

- Reappointments due: Sasha Levine, Judy Simon, Dr. Manno
- New member for Patient/Family representative spot: Jody Marshall, massage therapist who also has rheumatoid arthritis

### BeHealthyMaryland Web Site (Sue Vaeth)

- Sue demonstrated a new web site created by the Center for Chronic Disease Prevention and Control
- It is a searchable public site featuring healthy lifestyle/chronic disease self-management classes
- Site is for people with diabetes, heart disease, high blood pressure, cancer, and other long term conditions
- Map feature shows where classes are located
- Eventually, falls prevention and possibly arthritis related classes will be added
- Question: How will the site be marketed? Dr. Siaton suggested using the Maryland Board of Physicians to reach providers
- Idea: Kim Bernardi, Office of Appointments, may be able to help with contacts for other state-level Boards for marketing purposes
- Judy mentioned that the AoA offers statewide classes as well
- Idea: Can Walk With Ease be added, since it is an evidence-based arthritis class?

### Walk Maryland Day Update (Erin Penniston)

- A Walk Maryland Day planning committee is being developed, will be coordinated by Meghan Ames. Erin encourages participation of anyone interested.
- Dr. Manno and Lauren Yankolonis from Arthritis Foundation volunteered to participate
- Planning committee is expected to meet for the first time in the spring

### **Arthritis Awareness Month Planning**

- Last year: email campaign on medication safety
- 2014: Emailed promotional packet that included newsletter article, statewide resources, arthritis crossword puzzle, press release
- Lauren/Sasha will be in touch with Tara to discuss focus/potential activities for this year

### **MEMBER UPDATES**

- **Chanel Whittaker**—Doing work on Falls Prevention, educating older adults about medication safety, working on grants
- **Dr. Manno**—Working on clinical trials on exercise and arthritis, as well as psoriatic arthritis
- **Matt Jackson**—the Division of Rehabilitative Services (DoRS) is all about employment! In the past four months, 938 people with significant disabilities went back to work. Mandate by federal government to direct 15 percent of funding to serving younger adults—qualifying age can be as low as 14 years.
- **Lauren Yankolonis (for Sasha Levine)**—Arthritis Foundation has new resources for patients available on their web site, including online resource finder by ZIP code (resources include PT, exercise, rheumatologists) and Your Exercise Solution tool to find customized exercise for your physical condition and needs. The AF's local leadership board in MD is focused on advocacy, volunteer fundraising, help and support for patients.
- **Dr. Siaton**—Working on web-based training modules for residents on fibromyalgia. She is also getting a post at the Veteran's Administration Geriatric Research Education and Clinical Centers (GRECC) to coordinate educational initiatives for patients.
- **Judy Simon**—Health Promotion at the AoA has transitioned coordination of all licensing to Living Well Center of Excellence, now using a 'business model' approach. Includes evidence-based and non-evidence based interventions. Judy suggested a possible Walk Maryland Day tie-in with AoA's Older Americans Walk a Million Miles campaign.
- **Erin Penniston**-- Center for Chronic Disease Prevention and Control is applying for CDC funding opportunity entitled "Improving the Health of People with Mobility Limitations and Intellectual Disabilities." This is a capacity-building grant with potential funding of \$150,000

### **NEXT MEETING DATE**

Next meeting will be June 1.

### **MEETING ADJOURNED**

6:00 P.M.